

Dennis Youngblood, PhD, LCSW, LADAC

Mock Tribe Behavioral Health Services
Mock Tribe, Mock State 12005

May 31, 2016

Brooke Tillman, BSW
Foster Care Unit
Department of Child and Family Services
Jacksonville District Office
123 Main Street
Jacksonville, Mock State 12006

Dear Ms. Tillman:

At your request, I am providing you this letter to document my work with Raymond Capa. I began working with Mr. Capa on March 16, 2016. I see Mr. Capa weekly for individual sessions. Noting Mr. Capa's extensive prior experience with inpatient and outpatient treatment, I have applied the concepts of motivational interviewing in my work with him. Motivational interviewing is a method that works on facilitating change and engaging intrinsic motivation with the client in order to change behavior. It is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Motivational interviewing is nonjudgmental, nonconfrontational, and nonadversarial. My approach with Mr. Capa has been to increase his awareness of the potential problems caused, consequences experienced, and risks faced as a result of his alcohol use. We have also spent a number of sessions envisioning a better future.

Mr. Capa has set the following two goals for himself:

1. To be able to care for his mother while she undergoes her cancer treatment
2. To establish a healthy relationship with his children

Mr. Capa recognizes that his continued use of alcohol prohibits him from achieving these goals. He has developed and executed a number of action steps in pursuit of goal attainment, which included participation in his Tribe's talking circles and purification ceremonies.

During the 2 months that I have been working with Mr. Capa, he has had 2, short-term relapses. Both of these occurred during the first month of our work together. He has been attentively caring for his mother, which has contributed to his feeling more successful in his life.

Please contact me with any questions you might have.

Sincerely,

Dennis Youngblood

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